



## Beyond Diversity 101™ - Educators a healing transformation intensive

Monday, August 4, 6:00 pm - Friday, August 8, 1:00 pm, 2025  
The Watershed Center, Millerton, NY

**Beyond Diversity 101 - Educators intends healing transformation for all those who answer the sacred calling of being an educator, whether you work with children, youth and/or adults and regardless of setting and career path.**

We provide frameworks, offer practices, and hold a space for growing skills to de-structure systems of oppression and raise up liberation. Participants are offered pathways to move beyond the guilt-blame cycle toward radical truth-telling, co-responsibility, and active joy and justice!

### WORKSHOP GOALS

Participants will:

- Recognize and remove blocks that hold you back as an educator, teacher, facilitator, healer, organizer, change-maker, and creative
- Articulate and break patterns of domination/power-over/oppression, building skill in power-with ways of being and teaching
- Practice being a courageous and heart-centered transformer,
- Work within a community of learners and justice educators, with the potential for ongoing support
- Increase the ability to discern, speak, and activate a vision of liberation
- Recognize how our spiritual lives relate to our social justice work as educators
- Develop applications for continuing this work at home

## ABOUT THE WATERSHED CENTER

The Watershed Center is a retreat and resource center for changemakers located on a 73-acre farm adjacent to hundreds of acres of state forest, two-hours north of New York City in Millerton, New York. With 19th century farmhouses, post-and-beam barns, a 30-foot yurt, swim lake, hiking trails, waterfalls and a beautiful organic farm, our center provides a bucolic setting for visionary thinking.

### PROGRAM COST

Standard	\$1,100
Pay-it-forward	\$1,400
Limited budget organization	\$800

Cost includes tuition, lodging, meals, group yoga classes, and 1:1 massage or Reiki session. Limited scholarships are available by request!

Apply today at [www.bd101.org/educators!](http://www.bd101.org/educators!)

The priority deadline is March 31.

For more information, email [4circlesbeyond@gmail.com](mailto:4circlesbeyond@gmail.com)  
or call [609.880.1888](tel:609.880.1888).



This workshop is a space for educators of all kinds to come together, honoring the sacred work we are called to, tending to ourselves and each other, and building the skills to more deeply nurture those in our care.

# ABOUT THE TEAM



**Lisa Graustein** (she/her), MEd., is a white Queer teacher, facilitator, artist, and solo mom. She has over 25 years of experience as a classroom teacher, administrator, and teacher-trainer. Originally certified to teach social studies to middle and high schoolers, Lisa has taught Humanities, algebra, art, sex ed, financial literacy, and run out-of-school programming for students K-college. She was the 2012 Service Learning Teacher of the Year in Massachusetts. Lisa has been co-facilitating Beyond Diversity 101 since 2007.



**varun khattar sharma** (they/them) is a Punjabi Queer facilitator, teacher, writer, freelance consultant, and cultural worker living in Hartford, Connecticut. They are a co-founder and director of the People's Saturday School, a center for training, education and healing for activists of all ages, and the lead organizer of Cooperate Connecticut, a membership-based network dedicated to cooperative economic development, and a trainer and coach with Co-Creating Effective & Inclusive Organizations. varun previously taught high school social sciences and ethnic studies and were active in grassroots organizing, policy advocacy and mutual aid work with and for undocumented immigrant students and families.



**Julia Zhao** (she/her) is a trauma-informed yoga therapist and somatic practitioner. She has a decade of experience supporting people through grief, anxiety/depression, recovery, trauma, and burnout. Known for her intuitive and grounded presence, she offers a compassionate holistic approach to healing that incorporates the physical body, mental-emotional health, spiritual wisdom, and decolonization and abolitionist principles. Julia loves to sing, meditate, and connect with nature, and will often include these elements in her sessions. She strongly believes in the power of slowing down, being present with less judgment, and remembering our inner source of strength and connection. She dedicates her work in service of a more free and just world for all beings.



**Victor Cabral**, LSW is a bilingual Afro-Latinx licensed social worker, therapist, and advocate committed to fostering healing, equity, and community connection. With over a decade of experience in trauma-informed care, community-centered practices, and policy advocacy, Victor supports historically marginalized communities by co-creating spaces that center collective care and healing justice. As Vision Actualization & Community Connections Specialist at 4 Circles Beyond, Victor helps envision and implement liberatory initiatives, fostering relationships and networks rooted in shared power and mutual care. He is also the founder of Dreamers of the Day LLC, where he offers mental health services, coaching, and consulting that integrate culturally responsive and holistic approaches. Recognized internationally for his contributions to alternative approaches to mental health and policy advocacy, Victor is dedicated to advancing inclusive practices and creating spaces where healing and liberation are possible for all.



**Arnela Ten Meer** is a massage therapist with over 25 years of combined experience in Swedish, Deep Tissue, Myofascial Release and level 1 & 2 Reiki. Her focus is to provide the best experience possible for each client by creating a space where they feel safe and heard.